

**Abstract**

**[0092]** An apparatus and method for polling stations that transmit periodic traffic streams are disclosed. The illustrative embodiment polls the station in accordance with a polling schedule that is generated to reduce the delay between (i) when the station queues a frame, and (ii) when the station transmits the frame. This reduces the waiting time of the frame in the station, and is, therefore, especially advantageous for latency-sensitive applications such as voice and video telecommunications. In accordance with the illustrative embodiment, a station that expects to periodically queue a frame for transmission sends a polling request to the polling coordinator, which request enables the polling coordinator to generate an advantageous polling schedule.